

WELSH INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Saturday 21st November 2026

Race	Time	Age Group	Course	Distance
1	11:10	Years 3 & 4 Primary Girls	1 Small Lap	1,300m
2	11:20	Years 3 & 4 Primary Boys	1 Small Lap	1,300m
3	11:30	Years 5 & 6 Primary Girls	1 Small Lap	1,300m
4	11:40	Years 5 & 6 Primary Boys	1 Small Lap	1,300m
5	12:00	U14 Girls (School Years 7/8)	1 Large Lap	2,520m
6	12:20	U14 Boys (School Years 7/8)	1 Large Lap	2,520m
7	12:35	U16 Girls (School Years 9/10)	1 Small, 1 Large Lap	3,820m
8	13:00	U16 Boys (School Years 9/10)	1 Small, 1 Large Lap	3,820m
9	13:20	U18 & U20 Women (School Years 11 – 14)	2 Large Laps	5,040m
10	13:45	U18 & U20 Men (School Years 11 – 14)	1 Small, 1 Medium, 1 Large Lap	5,810m
11	14:10	Senior Women & Masters	1 Small, 2 Large Laps	6,340m
12	14:55	Senior Men & Masters	1 Medium, 3 Large Laps	9,550m

Laps	
Start	170m
Finish	130m
Re-lap	300m
Small	A,C,D,E,F (1,000m)
Medium	A,B,C,D,F (1,690m)
Large	A,B,C,D,E,F (2,220m)



Dolerw Park, Newtown SY16 2EH

WELSH ATHLETICS
ATHLETAU CYMRU